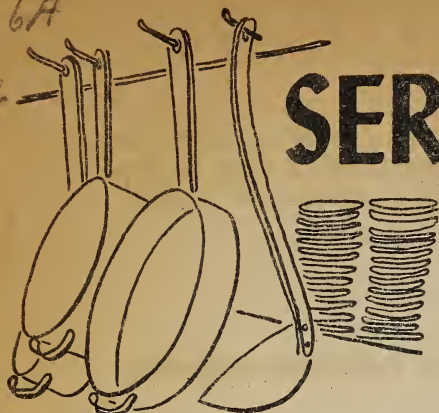


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SERVING MANY



Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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Meat-extender dishes come back into their own with the recent change in meat rationing. Macaroni, spaghetti, and noodles, all good meat extenders, are among this month's foods in abundant supply. There are, however, important factors to be considered when these foods are used as the main dish in the worker's meal.

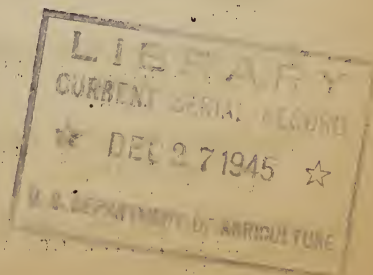
What about protein content?

A serving of plain macaroni, spaghetti, or noodles contains a small amount of protein, but not nearly enough to contribute one-third of the daily requirement. Therefore, they should be combined with meat, poultry, fish, eggs, or cheese, in order to furnish enough protein for an adequate meal. Portions should be not less than 6 ounces.

Macaroni, spaghetti, or noodle dishes that contain neither meat nor a meat alternate, such as spaghetti with tomato sauce or scalloped noodles with vegetables, may be served to accompany meat but should not be used as meat substitutes.

What about flavor, color, texture?

The food manager who knows her public's taste will carefully combine a macaroni, spaghetti, or noodle meal with foods strong in flavor, vivid in color, and different in texture. Tomatoes, green peppers, pimentos, meats and cheese are flavorful additions. Crisp, green salads add an excellent contrast to the soft-textured paste products. Fruit salads, carrot sticks, and sliced tomatoes all add flavor, color, and texture.



Good and bad combinations

It is simple to plan an appetizing, nutritious menu, but too often an unappetizing combination appears on the menu board with a main dish of macaroni, spaghetti, or noodles. Here's a typical example of a poor menu:

Macaroni and cheese
Mashed potatoes
Creamed onions
Whole-wheat bread and butter or fortified margarine
Cocoanut cream pudding
Beverage

All these foods are soft in texture, bland in flavor, colorless. There is no "eye appeal" to attract the customer and make him think "that looks good." With a few changes, this meal can be transformed to a gourmet's delight:

Macaroni and cheese
Buttered carrot strips
Tossed green salad
Whole-wheat rolls and butter or fortified margarine
Peach cobbler
Milk

This menu is colorful, it provides piquant flavor as well as crisp texture in the tossed green salad and the tart dessert. It is more nutritious than the first menu because the vegetables provide a more liberal allowance of vitamin A and vitamin C, and because the milk supplies calcium, high quality protein, and riboflavin.

Other suggestions for combinations

These suggestions for main-course combinations when macaroni, spaghetti, or noodle dishes are the main dish of the meal have been planned with an eye to texture, color, and flavor.

Creole macaroni with meat, buttered green peas, fresh fruit salad.

Macaroni with tomatoes and bacon, buttered broccoli, raw carrot strips.

Spaghetti with cheese, baked Hubbard squash, cabbage slaw.

Italian spaghetti with meat balls, buttered spinach, apple and orange salad.

Scalloped noodles with chicken, buttered green beans, cabbage and carrot salad.

Scalloped noodles with eggs and cheese, buttered kale, tomato and endive salad.

Recipes which follow are given for two meat-extender dishes and one meat-alternate dish.

Creole Macaroni with Meat

<u>Ingredients</u>	<u>Amount</u>	
	<u>100 Portions</u>	<u>500 Portions</u>
Macaroni, cut	6 pounds	30 pounds
Boiling water	6 gallons	25 gallons
Salt	3 ounces	12 ounces
Canned tomatoes	2 gallons	10 gallons
Onion, chopped	1 pound	5 pounds
Green peppers, chopped	12 ounces	3-1/2 pounds
Bacon fat	1 pound	5 pounds
Ground beef and pork	6 pounds	30 pounds
Chili powder	1/2 ounce	2-1/2 ounces

Size of portion -- 6 ounces.

1. Cook the macaroni in boiling, salted water until tender. Drain.
2. Cook the onions and peppers in the bacon fat for 5 minutes. Add the meat and brown.
3. Combine the meat, tomatoes, and spaghetti.
4. Pour into greased baking pans and bake at a moderate heat (350° F.) for 45 minutes.

Baked Spaghetti with Pork

<u>Ingredients</u>	<u>Amount</u>	
	<u>100 Portions</u>	<u>500 Portions</u>
Spaghetti, broken	6 pounds	30 pounds
Boiling water	6 gallons	25 gallons
Salt	3 ounces	12 ounces
Onions, chopped	1 pound	5 pounds
Carrots, chopped	5 pounds	25 pounds
Celery stalks and leaves, diced	2 pounds	10 pounds
Green peppers, chopped	1 pound	5 pounds
Pork shoulder, cut in 1/2-inch cubes	10 pounds	50 pounds
Bacon drippings	1 pound	5 pounds
Paprika	1/2 ounce	2-1/2 ounces

Size of portion -- 6 ounces.

1. Cook the spaghetti in boiling, salted water until tender. Drain.
2. Steam the chopped carrots, celery, and peppers until just tender.
3. Cook the onion and pork in the fat until lightly browned.
4. Combine the vegetables, spaghetti, and meat. Season with paprika.
5. Put into greased baking pans and cook at a moderate temperature (325°F.) for about 1-1/2 hours or until the meat is tender.

Scalloped Noodles, Eggs, and Cheese

<u>Ingredients</u>	<u>Amount</u>	
	<u>100 Portions</u>	<u>500 Portions</u>
Noodles, dry	6 pounds	30 pounds
Boiling water	5 gallons	25 gallons
Salt	2 ounces	10 ounces
Cheese, Cheddar, ground	3 pounds	13 pounds
Paprika	1/2 ounce	2-1/2 ounces
Milk	2 gallons	10 gallons
Fat	1-1/2 pounds	7-1/2 pounds
Flour	1 pound	5 pounds
Salt	1/2 ounce	2-1/2 ounces
Hard Cooked eggs	50	250

Size of portion -- 6 ounces

1. Cook the noodles in boiling, salted water until tender. Drain.
2. Make a sauce of the fat, flour, salt, and milk.
3. Add the ground cheese and paprika to the hot sauce and stir until mixed.
4. Slice the eggs crosswise.
5. Put alternate layers of noodles, cheese, sauce, and eggs in greased baking pans. Top with cheese sauce.
6. Bake at a moderate temperature (350° F.) for 45 minutes or until well heated and lightly browned.